



# the **BODY** mechanic <sup>TM</sup>

“*Everybody* needs a Tune-up!”



## What is Seated Massage?

Seated (or chair) Massage is one of the most versatile styles of bodywork offered in the world today. Because it is done on seated clients which are fully clothed, seated massage can be offered almost anywhere to anybody. Seated Massage is designed to invigorate your body, relax your mind, and ease tension in your muscles. Because it is designed to reduce stress and enhance general wellness, Seated Massage is a valuable asset for the workplace, and has been shown to *increase employee productivity, boost employee morale, and decrease absenteeism*. All of these benefits can be achieved in the time it takes to have a coffee break!

This particular style of seated massage is based upon rhythmic compression, Chinese acupressure, yoga stretches and joint manipulation. The routines that we use are specially designed to enhance circulation and increase range of motion, making you feel vibrant and refreshed (what I call “invigorating relaxation”). As a matter of course, I will be pressing on various points which will address tension in your muscles. Some of these points are Chinese acupressure points, so I will check in with you frequently to make sure you are enjoying your seated massage experience!